

Session opens September 21, 1876.  
The college is situated on the corner of  
Main and Second Streets, Richmond, Va.  
The college is a day school, and is open  
to students of both sexes. The course of  
study is in the liberal arts, and includes  
the study of the classics, mathematics,  
natural science, and modern languages.  
The college is a member of the Southern  
Association of Colleges and Universities.  
For further information, apply to the  
President, or to the Secretary, at the  
college.

IMPORTANT TO PARENTS AND  
GUARDIANS.  
The undersigned, J. W. WALKER, of the  
County of Henrico, State of Virginia, do  
hereby certify that the following named  
children are the children of the late  
J. W. WALKER, deceased, and are under  
the care of the undersigned.

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THE CIRCULATION OF THE DISPATCH  
IS LARGER THAN THE COMBINED  
CIRCULATION OF ALL THE OTHER DAILY NEWS-  
PAPERS OF THE CITY.

THURSDAY, JULY 13, 1876.

THE WEATHER YESTERDAY WAS VERY WARM,  
but it was not so oppressive as on the  
previous day. The mercury ran up to 98  
at 3 o'clock, but from that hour until 10  
it fell steadily. In the evening about  
8 o'clock a black, threatening cloud gather-  
ed over the city, and stretched away to the  
northward, and appeared well-nigh to en-  
compass the city. A terrific storm seemed  
imminent. Indeed, the rumbling of distant  
thunder was heard all around us, and an-  
xious eyes were cast heavenward to catch a  
glimpse of the first drop of the hoped-for  
rain. As the welcome visitor did not  
appear in an appearance, the lightning con-  
tinued vivid until a late hour; the whole  
atmosphere seemed charged with it, and we  
were very forcibly reminded of the terrific storm which visited  
Richmond and vicinity on a Saturday night  
last July. Although the storm was black  
and threatening, it did not come. The  
wind, however, and lightning cooled the  
atmosphere considerably, and we may ex-  
pect to-day to hear of severe storms in the  
neighborhood of the city.

It is the duty of those who are compelled  
to be in the sun to take every possible  
precaution to avoid the effects of the  
heat, and especially to avoid the use of  
alcohol, which is especially dangerous  
when the weather is so hot.

THEMETER YESTERDAY: 6 A. M., 78;  
9 A. M., 84; noon, 93; 3 P. M., 98; 6 P. M.,  
95; midnight, 76.

THE HEATED TERM.

UNEXAMPLED MORTALITY IN THE CITY—  
A FEW SIMPLE RULES FOR PRESER-  
VATION OF HEALTH—KEEP COOL AND AVOID  
EXCITEMENT—HINTS TO MOTHERS—HOW  
TO CARE FOR CHILDREN DURING THE HOT  
SPRINGS—REMEDY FOR SUNSTROKE—NEWS  
BY TELEGRAPH.

The fatal effects of an almost unvarying  
high temperature day after day for nearly  
three weeks past are shown in the weekly  
reports of the Board of Health. A large num-  
ber of deaths from sunstroke, not only in  
Richmond, but in other cities, has been un-  
usually great. In New York on Monday  
there were forty-two cases; in Philadelphia,  
eighteen; and in Washington city many  
persons were prostrated by the heat, and  
three died. In the latter city also, and it  
is said, for the first time, the municipal  
authorities have issued a public notice  
to the effect that the health of the city  
is in danger, and that the health of the  
city is in danger.

Our State and municipal Boards of Health  
have both published suggestions in regard  
to the treatment of young children during  
the heated term, and it is to be hoped that  
the special rules thus laid down for their  
management have in some cases at least  
been applied. The sanitarian opened for  
sick children on Long Island, where the heat  
of the sea breeze can be had, is now in  
successful operation. At Atlantic City  
also temporary structures have been erected  
for the reception of infants from Phila-  
delphia, and we are told that the health of  
the little ones has been wonderfully bene-  
fited thereby.

But if many mothers do not know what  
to do for their young during the summer  
months, or neglect to follow the instruc-  
tions issued by our boards of health, adult  
persons of both sexes, better able to bear  
the heat and more inclined to have the con-  
sequences, can scarcely be expected to listen  
to good advice when it concerns the preser-  
vation of their own health.

SIMPLE RULES.

And yet the observance of a few simple  
rules might save many a child from a  
sudden attack of sunstroke, and perhaps  
another name to the death-list of the week.  
These rules may be briefly stated. They are:

First. Personal cleanliness, so that the  
pores of the skin may be kept freely open  
to the atmosphere, and thus the heat of the  
bath will be largely in giving tone to the  
system throughout the day. A bath in  
the afternoon, and especially on a full  
stomach, is to be avoided. When a bath is  
not to be had, spongeing with cold water,  
or even the use of wet towels, is the next best  
thing.

Second. Temperance in eating and drink-  
ing. But little meat is required in hot  
weather. The food should be light and not  
stimulating, the dinner being composed  
mainly of vegetables as fresh as they can be  
obtained, and well cooked. Fermented or  
distilled liquors should be drunk sparingly,  
if at all; simple acidulated drinks, lemonade,  
being the most cooling and refreshing.

Third. Avoid the direct rays of the sun  
as much as possible. Where this is unavoi-  
dable a wet rag or cabbage-leaf, or better  
still, a thin slice of sponge damped and  
worn in the hat, will afford great protection  
against sunstroke.

Fourth. Avoid hurry and excitement.  
Move slowly in walking, and in the shade  
where shade is to be had, and cease to fret  
about trifles. In short, strive in every way  
to keep cool, and to avoid the heat of the  
sun. The best advice that can be given is  
circular in the contents of which are embodied  
the advantages enumerated in the above  
paragraph. In August the company will  
bring 35,000 barrels of oil for Messrs.  
Meissner, Ackermann & Co. over their line,  
and it will be shipped from the Baltic. At present  
there are four barrels and one bag loading  
oil at the wharves. It must not be sup-  
posed, however, that the oil is the chief  
article of freight shipped over the line.  
Indeed, it is confidently asserted that even  
before the company's oil is shipped, the com-  
pany will be merely a rider as compared  
with the vast amount of tobacco and  
other freights that will be brought over the  
line. It is indeed a gratifying fact to be  
able to state that the business of the line is  
increasing every day.

THE CARE OF INFANTS.

THE INSTRUCTIONS for the care of infants  
during the hot weather are issued by the  
Board of Health of Philadelphia, direct that  
the child be bathed once a day in tepid wa-  
ter. If it is feeble, to sponge it all over  
twice a day with tepid water, or with tepid  
water and vinegar; to avoid all tight band-  
aging; to make the clothing light and cool,  
and so loose that the child may have free  
play for its limbs; and, when the child is  
sponged, to keep it in a cool place, and to  
remove the slip, bathe the child, and  
dress it in clean clothes; the child should  
sleep by itself in a cot or cradle; it  
should be put to bed at regular hours,  
and be early taught to go to bed without  
being nursed in the arms; the child should  
be fed on the breast, and should not be  
given to children, as thousands of children  
die every year from the use of these poisons;  
the child should be kept sweet and clean,  
cool, and well aired; the cooking  
should be done in a yard, in a shed, in the  
garret, or in an upper room; the walls  
every spring, and see that the cellar is  
clear of all rubbish; let no slops collect;  
breast-milk is the only proper food for in-  
fants; avoid giving the breast when over-  
fatigued or overheated; nurse the child  
in the best and most healthy manner, and  
as seldom as possible during the night.  
If, unfortunately, the child must be  
brought up by hand, it should be fed  
on a milk diet alone—that is, warm  
milk out of a nursing-bottle. Goat's milk  
is the best, and next to cow's milk.  
If the child thrives on this diet no  
other kind of food whatever should be given  
while the hot weather lasts. Each bottle  
of milk should be sweetened by a small  
lump of loaf-sugar or by half a teaspoonful  
of crushed sugar. If the milk is known to  
be pure it may be made into a water  
added to it, but if it is not known to